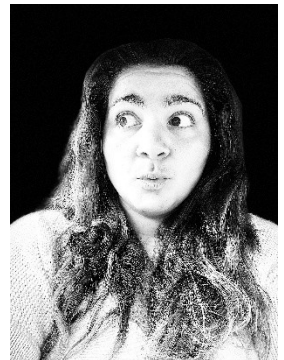


Curated by artist Nadia Thompson, The Pieces of Me explores the essence of humanity's artistic identity through film, sculpture and art. Featuring new and established artists from around the globe, Nadia's inaugural show is set to empower and embolden artists from all walks of life as they share the pivotal works that have shaped their practice.

Nadia Thompson

Nadia Thompson (née Zedan) is an artist, writer and curator based in London. Thompson produces bold, meaningful artwork on paper, canvas, and clay. Her unique creations are a fusion of vibrant colours, intricate patterns, and profound symbolism. Working across different mediums, Nadia brings her artistic vision to life, captivating viewers with her fun, expressive and thought-provoking pieces. Much of Nadia's work focuses on feminism, mental health, body positivity, motherhood, and the environment. This is Nadia's curatorial debut!

www.artbynoo.com | nadia@artbynoo.com | i: [nadiathompsontoo](https://www.instagram.com/nadiathompsontoo)



Artworks East Gallery

ARTWORKS EAST invites you to see beyond the surface, encouraging a journey of introspection and discovery. Through our collection, we challenge perceptions, unravelling layers of meaning that resonate on both visceral and intellectual levels. Please contact Artworks East's founder, Leia Davies, if you would like to purchase any of the artwork on exhibition.

<https://art-east.co.uk/> | art.works.east@gmail.com | i: [art.works.east](https://www.instagram.com/art.works.east)



EXHIBITION CATALOGUE

Brandon J. Barnard

Title of artwork: Eggistential

Medium: Film

Size: 16:9, Colour

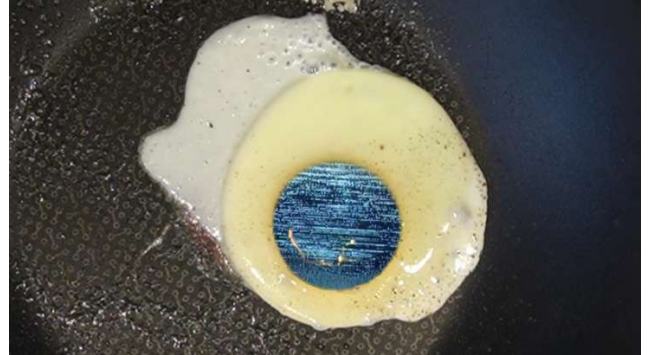
Year: 2024

Price: NFS

Description: While pursuing my PhD of Chance in Filmmaking, I wanted to investigate how degradation can be used as a form of randomness. When I went to Japan, I stumbled upon Miyamoto Ryuji's work which looks into destruction, and I thought about how this linked to chance. I wondered how to recreate these results in a way that was less intensive, and thought of cooking. I wanted to have a subject that changed, but a frame that stayed the same. An extended production history can be found here:

<https://medium.com/@brandonjohnbarnard/production-history-around-eggistential-947fc0dfdc32>

brandonjohnbarnard@gmail.com



Tom Hiscocks

Title of artwork: Inside Out

Medium: Acrylic on granite

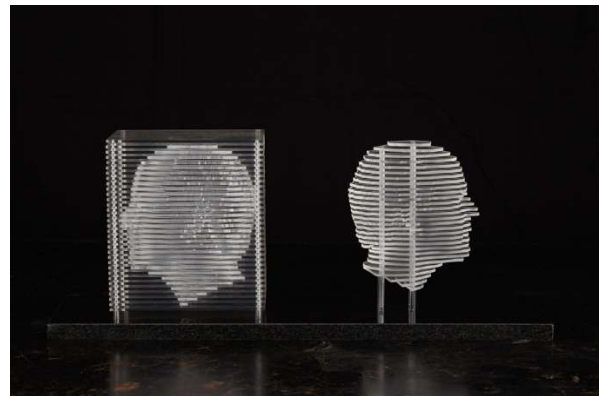
Size: 56 x 17 x 17 cm

Year: 2015

Price: £2,500

Description: This is a self-portrait. The form you see on the right has been cut out of the layers on the left. I use art to help me explore myself in relation to the world I was part of. I had a sense of being formed by the layers of emotions and experiences that shaped me, and I was - and am - interested in both the physical a metaphorical space that I occupy. These works came from this enquiry. I made them in acrylic. Acrylic works beautifully with light, but it is not a valued artistic medium. Everything about these sculptures reflects pieces of me.

tom@tomhiscocks.co.uk



Kathy Sullivan

Title of artwork: Defensive Frontages

Medium: Sculpture

Size: 110 x 110 x 44cm

Year: 2021

Price: £2,300

Description: Inside the 2 cage forms sit 4 vintage 'chemise forms' made from steel gauze. I have subverted the delicate nature of these undergarments by making them into 'self-defence' systems. These security systems comprise of padlocks, nails, craft blades and barbed wire.



This represents the defensive piece of me. I can come across as confident and brash but I am innately shy and experience real anxiety when faced with formal situations. I adopt a defensive mode represented by the chemisettes. I was once called a 'sabre-toothed mouse' - I think this piece expresses that well.

sullcansculpt@yahoo.co.uk

Christopher Little

Title of artwork: NO WAY OUT

Medium: Mild Steel and Plaster

Size: 36 x 38 x 50 cm

Year: 2023

Price: £1,000

Description: We are all imprisoned, trapped, within our own physical, mental, cultural and historical space. Can we contact each other?



christopher.little1999@gmail.com

Claire Manners Wood

Title of artwork: Japanese Garden (Autumn/Winter)

Medium: Textile Sculpture

Size: 65 x 25 x 20 cm

Year: 2022

Price: £175

Description: This 3D textile sculpture is my internal processing of grief. It was created with thoughts of sitting in a quiet, autumnal garden, lost in memories. The kimono represents my mother – her love of these Japanese fabrics which she gifted to me.



cmw@clairemannerswood.com | www.clairemannerswood.com | i: @claire.mannerswood.art

Lily Way

Title of artwork: Hiding

Medium: Woven cloth

Size: 100 x 77 cm

Year: 2000

Price: TBC

Description: Hiding explores the journey of a soul in hiding, wishing to be invisible while travelling through life. It is a quiet soul, anxious and afraid. One day, however, the sun shines bright, its rays lighting up the hidden soul. Its voice and stories, once concealed in its cloth, are now revealed in the shadow!

lilymway@gmail.com



Melanie Ahmed

Title of artwork: The Insider

Medium: Acrylic on board

Size: 27 x 27 cm

Year: 2024

Price: £400

Description: My paintings often derive from fragmentary and fleeting recollections of childhood, and half-forgotten personal encounters. They are visceral emotional reactions and somewhat removed from rational thought or reasoning. These memories find themselves in my work as highly abstracted shapes with the aim of suggesting ambiguity and flux.

Each painting evolves through many shifting stages. Various mediums are applied to a wood, canvas or cardboard support and a physically complex surface is produced through a process of layering, erasing, reworking, stripping down and reapplying paint. The resulting works offer clues of sorts, but any cohesive narrative is deliberately undercut.

melanieahmed@yahoo.co.uk



Crisia Constantine

Title of artwork: untitled (metamorphoses II)

Medium: Photography

Size: 29 x 42 cm

Year: 2024

Price: £199

Description: The series explores the search for identity, the struggle of experiencing continuous becomings and in-between states, of feeling on the verge of something without being quite there.

crisia_miroiu@yahoo.com



Selma Eduarda Pereira

Title of artwork: The fabric of identity III

Medium: Textile/fabric sculpture

Size: 42 x 52 x 5 cm

Year: 2025

Price: £700

Description: Selma Eduarda Pereira, Textile Mask: The fabric of identity III,

selma@selmaeduarda.pt



Russell Ashcroft

Title of artwork: Failures

Medium: Collage and ballpoint pen.

Size: 46 x 64 cm

Year: 2021

Price: £300

Description: Ballpoint self-portrait combined with off cuts and discarded elements of other pieces as a collage.

Image:

mrashcroft78@hotmail.com



Emily Grenville-Grey

Title of artwork: Lick Me

Medium: Tetrapak Monoprint

Size: 17 x 20 cm

Year: 2024

Price: £100

Description: Monoprints from a series called 'Kingdom', exploring indulgence and sensory discovery in rewilding into feminine power

egrenvillegrey@gmail.com



Cameron Lings

Title of artwork: The Fragile Tense

Medium: Sculpture: Oak Slats and Steel G-Clamp

Size: 40 x 15 x 5 cm

Year: 2024

Price: £115

Description: Tension holds together a composed side-facing facial expression, profiling its future direction. Although realized through opposing weights of compression, the figure hints at a sense of fragility; in turn it pays homage to internalized conflicts, hidden behind a face insisting on absolute composure.

cml1998@hotmail.co.uk



Asia Nowicki

Title of artwork: Spiral out of Control

Medium: Ctrl key, wire spiral, resin, card, cork, tape

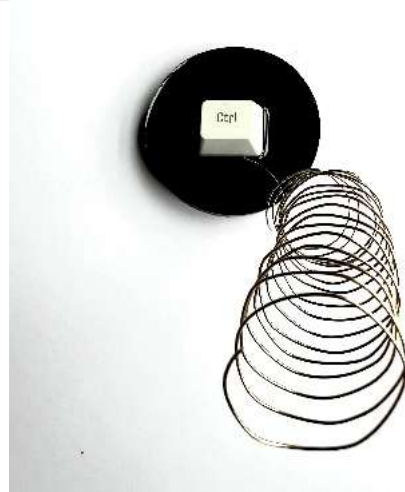
Size: 6 x 6 x 12 cm

Year: 2022

Price: £70

Description: Un / contained control. Cerebral de / centralisation. Overthink think think think think think

asianowicki@gmail.com



Emmie Lyon

Title of artwork: My Plant Is Dead

Medium: Oil on paper

Size: 21 x 29.7 cm

Year: 2024

Price: £200

Description: Diaristic painting combining text with image. This was done at 3am when I couldn't sleep. I was feeling a little stuck thinking about the things that haven't gone so well in my life including the massacre of nearly all my plants since I moved house. After they decided to fall on the floor several times I just stopped caring about watering them and they shrivelled up and went crisp and some are now just sticks. I've tried desperately to revive them and this one made me particularly sad as it was so beautiful and lush and upright before and now it sort of resembles green toast so I made this painting as a tribute to the time it's spent with me.



I always thought I was dead and shrivelled up and things were beyond help at times but I realise upon closer inspection I am just like a plant and then some: I need water (drink enough, shower daily), sunlight (get out of your bedroom) and a little bit of love (the truest love comes from within), even if that comes just from myself because I am lucky enough to not solely rely on some woman who can't water her plants when she's sad because I exist outside of a plant pot.

Where there's life, there's hope, and it's all in this plant from Sainsbury's I painted in the witching hour. Am I delusional for seeing so many aspects of life in things as an allegory for my own

So in short. The plant isn't as dead as I thought. Which is good.

emmiegracely@gmail.com

Bee Hale

Title of artwork: Holding It Together

Medium: Weaving (Ramie, Recycled Fabrics, Recycled Yarns)

Size: 25 x 39 cm

Year: 2025

Price: £136.50

Description: Woven piece naturally dyed with dock seeds and rhubarb seeds, then modified with iron. Weaving consists of handtied yarn made from yarn discards and recycled fabric scraps. Words written in iron water read: 'barely holding it together', 'just holding it together', 'trying to hold it together'.

bee-hale@outlook.com



Gothic CY CHAN

Title of artwork: Absolute Destiny Apocalypse

Medium: Ink on paper

Size: 25 x 20 cm

Year: 2023

Price: £450

Description: I believe all art contains a tiny piece of its artist's soul. Like if I am broken and shattered in thousand pieces, those fragments all over the place would be my art. Pieces that left behind, pieces that I am secretly proud of, or those I am ashamed to talk about; pieces of my life story that will continue to exist for a bit even after my death, where my soul silently begging for perhaps love, approval or understanding. Damaged, yet beautiful still.

Therefore for this exhibition, I carefully picked the works that reflect "me" most. Those that like self portrait emotionally in different ways, where viewers may not realise; but it feels so intimate that almost make me scared to expose myself in public.

gothic0921@yahoo.com.hk



Keesky

Title: The motion is imagination

Medium: Azuki (red beans) with acrylic medium on cotton

Size: 160 x 90 cm

Year: 2025

Price: £900

Description: The motion is imagination (inspired by an artist of dancer Megan Castro).

keesky02122020@gmail.com



Andrew Jenner

Title of artwork: Sunday in the park with George (I)

Medium: Photography

Size: 30.48 x 40.64cm (40.64 x 50.8cm including frame)

Year: 2024

Price: £195

Description: Action man dolls in vintage doll clothing sitting on a bench. All items found in a charity shop

Title of artwork: Stripper (r)

Medium: Photography

Size: 30.48 x 40.64cm (40.64 x 50.8cm including frame)

Year: 2023

Price: £195

Description: Action man and Ken doll



andrewj_uk@hotmail.co.uk

Milena Makani

Title of artwork: Berlin

Medium: Acrylic, watercolour and ink on mineral stone paper

Size: 35 x 28 cm (unframed)

Year: 2024

Price: £475 framed | £420 unframed

Description: One of many homes



art@milenamakani.com

Jing He

Title of artwork: Window Screen

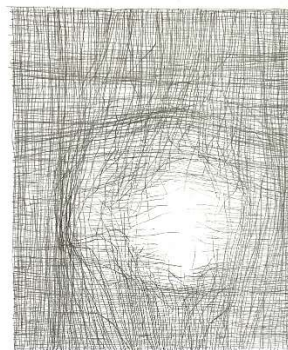
Medium: Lithograph

Size: 59 x 38 cm

Year: 2024

Price: £300

Description: This work explores the fluidity of identity through the image of a broken window screen. Growing up without a dialect after leaving my hometown, I often felt disconnected—neither fully belonging to my past nor my present. The broken screen symbolizes the fragile boundary between familiarity and estrangement, between having a home and searching for one. Through intersecting lines and fragmented space, this piece reflects the tension between displacement and the possibility of belonging anywhere.



jinghhhe@gmail.com

Rebecca Matthews

Title of artwork: If I'm being honest

Medium: Porcelain

Size: 3 x (55 x 28cm)

Year: 2023

Price: £300

Description: In this piece, the artist reflects on their mental health journey through porcelain ceramics and handwritten notes. The work explores the tension between stability and change, using the fragile nature of porcelain to symbolise vulnerability. The handwritten notes offer raw, introspective glimpses into the artist's evolving mental well-being, capturing both the challenges of transformation and moments of clarity. This piece invites viewers to contemplate the fluidity of identity and the delicate balance between permanence and change, highlighting the resilience and fragility inherent in the artist's personal experience.



r.a.matthews@aol.com

Naoual Peleau

Title of artwork: Dead Leaves #1

Medium: Photography

Size: 40 x 30 cm

Year: 2023

Price: TBC

Description: An anatype is an image created from photosensitive substances from plants. I use linden leaves, their shape being the one that looks like the most to my face and body. I expose them to the sun for several hours; its light will mark the exposed parts and reveal the image. It is a reflection on the passing of time and the fear of growing old. By exposing my body on a leaf, we literally become one. This results in very fragile leaves, still sensitive to the sun. If each exposure is unique, I can reproduce the image many times. Depending on the size and shape of the leaves, I can outline my entire body or cut it out. The space between the leaves symbolizes the shyness gap, also called crown shyness. It is an interstice between the foliage of certain trees, more easily observed at the crown level. It allows light to pass through and prevents contagion between different species. Dried flowers fill this small space by holding the elements together.



naoual.eau@gmail.com

g. king

Title of artwork: Hackney Wick

Medium: Cyanotype Print

Size: 100 x 70 cm

Year: 2020

Price: £300

Description: A hand-printed cyanotype on Japanese Kozuke paper. A limited edition of three.

gking6256@gmail.com



Aislinn Finnegan

Title of artwork: I've Got You, You've Got Me

Medium: Digital Illustration on Giclee

Size:

Year: 2023

Price: £450

Description: An ode to Black sisterhood using traditional Afro protective hairstyling as metaphor, their merged profiles show both individual identity and collective strength. It celebrates the sacred spaces Black women create for mutual healing, understanding and support.

aislinn.art@gmail.com



Rou Wang

Title of artwork: Miss Orient

Medium: Oil on Canvas

Size: 41 x 51 cm

Year: 2024

Price: £800

Description: This portrait pays homage to the artist women's tradition of self-portrait while exploring the multitudes of my identity as a Chinese queer person growing up in Western society, navigating between two distinct cultures and the external gaze seeking to flatten my experience into an archetype. The contrasting portraits creates tension between my alternative self-expression, and the traditional feminine image I experienced from societal expectations growing up. However, it also offers reconciliation between the conflicting images as I attempt to acknowledge that both are fundamental to my identity.

roujiaw@icloud.com



Charlotte Bobeldijk

Title of artwork: Am I Creator?

Medium: Oil on canvas

Size: 50 x 70 cm

Year: 2025

Price: £90

Description: Self-portrait



charlottebobeldijk@hotmail.com

Myriam Tillson

Title of artwork: Shelter

Medium: Acrylic and pencil on paper

Size: 38 x 57.3 cm (unframed)

Year: 2020

Price: £3,200

Description: Shelter, like much of my work, touches on the topic of the relationship to the self, and the responsibilities with have towards ourself. One of the themes that often permeates my pieces is the trial of adulthood and of self-hood, the challenges presented by learning to care for who we are, even when we aren't sure what that who is.



myriam.tillson@gmail.com

Holly Nerreter

Title of artwork: ME/MYSELF/I

Medium: Mixed media; pencil and paint

Size: 30 x 26 cm

Year: 2023

Price: £149

Description: Self-portrait portraying my struggle with mental health during the time of trauma (my mum falling ill with a glioblastoma and subsequently passing away from it). My gaze is shocked, eyes widened, skin is ashen, every sense of happiness erased after I did progress in becoming my mum's carer and suffered through anticipatory grief, experiencing the decline. It's a marker of one of the hardest times and also a reminder that I came through it and got out stronger of this horrid time.



holly.stardust@yahoo.co.uk

Ben Snowden

Title of artwork: Hope The Rain Stops Following Me

Medium: Mixed media on paper

Size: 21 x 29.7 cm

Year: 2024

Price: £145

Description: Framed (White mount, glass front, black frame)

bensnowdenartist@gmail.com



Saadeh-Byreet George

Title of artwork: Fatal Borders

Medium: Mixed media on board

Size: 100 x 50 cm

Year: 2023

Price: £3500

Description: Digital image of a gauze and tissue paper mould of a body parts signifying torn identity after displacement due to war.

saadehgeorgegeorge@gmail.com



Delnara El

Title of artwork: Roots, plans and where I am

Medium: photo-collage printed on canvas

Size: 70 x 70 cm

Year: 2024

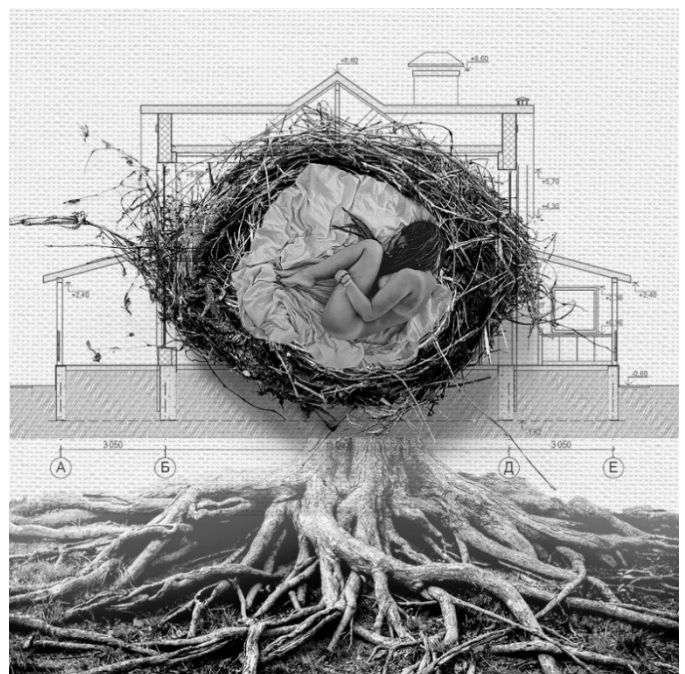
Price: £800

Description: In a world where boundaries blur, home becomes a fluid concept, seeking refuge within the heart of every journey. When the native land is engulfed in war, and the engineer-builder within you seeks stability, home transforms into a delicate thread connecting the past, present, and future.

Home is not merely walls and a roof, but a state of the soul, a sense of belonging to a world that becomes exclusively personal. In travel, you carry your home to every new city, to every uncharted territory, and it becomes a part of your internal landscape. In such a world, even the body can become a home, a sanctuary from external upheavals. It becomes the last fortress when native lands are ravaged by war, and a searching soul strives to find a place under the canopy of stars.

Where boundaries shift, the world becomes a home, and home becomes an entire world within you. In this sense of vulnerability and loss, the strength of adaptation sprouts, and every step into the void becomes a new fragment of home, an embodiment of hope and vitality in a world that never ceases to change.

delnara@ukr.net



Szép

Title of artwork: Personality constellation

Medium: Acryl

Size: 80 x 60 cm

Year: 2022

Price: £1,800

Description: My 3 personalities in one installation. Drug abuse (Black) is circumscribed, the emotional Red in the middle, while my truest self (White) is connecting with God.



artofszep@gmail.com

Stanislav Bojankov

Title of artwork: Fragments-I

Medium: Linocut

Size: 60 x 80 cm

Year: 2024

Price: £1,200

Description: linocut, on self-made paper, E/A 1/1, original, collaged on canvas.



sbojankov@gmail.com

Henriette Busch

Title of artwork: My life in fragments

Medium: Collage, Paint, pieces of my paintings and resin on deep edge canvas

Size: 90 x 90 cm

Year: 2023

Price: £2,500

Description: This is a big collage made up of bits of my paintings, self-portraits, some writing, some saved pictures I liked, old photographs, acrylic paint, glue and epoxy resin over the whole piece.



hbusch@ntlworld.com

Kun Fang

Title of artwork: Old Dream Of ShangHai10

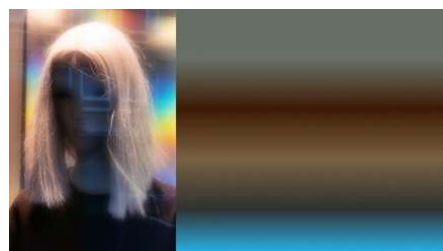
Medium: Digital print

Size: 150 x 85 cm

Year: 2024

Price: £350

Description: Welcome to the gold era of Shanghai 1930.



kunfang.artstudio@gmail.com

Carmi Lola

Title of artwork: MACECHA (STEPMOTHER)

Medium: Acrylic paint, ink and paper on canvas

Size: 90 x 58 cm

Year: 2024

Price: £950

Description: My devoured painting of the cacophonous 'Macecha' in Czech, meaning "Stepmother".

To elaborate, the "ch" sound, is pronounced rather like the sound of your tonsils being ripped out, or, that French sound English people sorely struggle to pronounce; correctly or not, this onomatopoeic title perfectly matches the essence of this piece.

carmilola.art@gmail.com



Stephen McGowan

Title of artwork: Henry The 8th

Medium: Mixed media

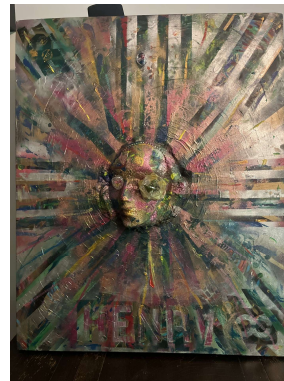
Size: 76 x 61 x 10 cm

Year: 2025

Price: £1,999

Description: Henry The 8th is a play on portraits, symbols, myths and performance, made using multiple layers of paint and effects, and with clay and floral resin elements.

sjpmcg91@gmail.com



Francesca Alaimo

Title of artwork: Every You Becomes One

Medium: Acrylic, oil, wax on print

Size: 95 x 136 cm

Year: 2020

Price: £1,250

Description: I created this piece by superimposing two paintings on prints and then tearing off part of the top one to partially reveal the figure underneath. The result is a combination of two different figures of the same person, like a layered self, both physically and emotionally. This work represents my journey through gender identity questioning and discovery, the realisation that my body dysphoria and my deeper self-recognition were so intertwined and needed to be revealed and cherished.

frncsc.alaimo@gmail.com



Iris Zhang

Title of artwork: No.219

Medium: Digital Collage

Size: 100 x 77 cm

Year: 2023

Price: £2,000

Description

No.219 is a diptych digital collage rooted in the research project Polyhedron: Exploring the Fluid Interplay Between Self, Identity, and Environment. It draws from the artist's personal experience of confronting and severing her own identity, depicting the repression and pain faced by women born in the 1990s within the constraints of East Asian culture. The work explores the subsequent alienation of their spiritual selves after prolonged exploitation by cultural dogma. The artist reconstructs images using containers, frames, flowers, and gestures, connecting them through symbolic language. By employing a crystalline geometric approach, she forms a spiritual matrix—a cyborg-like embodiment—representing the fragmented and reshaped identity. Through a surrealist technique, the artist deifies the fractured subject, transforming it into a distant, enigmatic, and unapproachable new self-identity, creating a sense of alienation from the original self.

drimyftif2017@gmail.com



Helen Stone

Title of artwork: Trousseau

Medium: Vintage laundry box with 13 stitched linens

Size: 60 x 30 x 14 cm

Year: 2018 - ONGOING

Price: NFS

Description: My mother died when I was young and her mother was institutionalised while she was still a baby. There were no mementoes, no photos... I didn't even know my grandmother's name.

My project Trousseau charts the search for my lost maternal line. Through the bald facts of census documentation I met a string of laundresses and char women, and many were dead, widowed or institutionalised while still in their thirties. No wonder family ties came apart. Trousseau is a portrait of sorts. I have told their stories through hand-stitching – a repetitive and labour-intensive process so often derided as women's work. Yet stitches make repairs and heal wounds, and they can bring together that which has fallen apart.

The project is ongoing.

helenstoneart@outlook.com



Holly Oluwo

Title of artwork: My English Heart

Medium: Collage, spray and acrylic paint

Size: 150 x 100 cm

Year: 2024

Price: £15,000

Description: "My English Heart" is a poignant exploration of identity, justice, and disparity, crafted from English newspapers—headlines about the Queen, justice, and societal struggles. The heart symbolises the core of a nation, pulsing with both pride and pain. Its construction from media reflects the duality of the stories we tell: moments of celebration alongside deep inequalities. Through this work, the disparities within the NHS and the lived experiences of Black lives in England are laid bare, exposing the tension between a nation's ideals and its realities. It is both a love letter and a call to action. Created over 24 days.

oluwo1992@gmail.com

